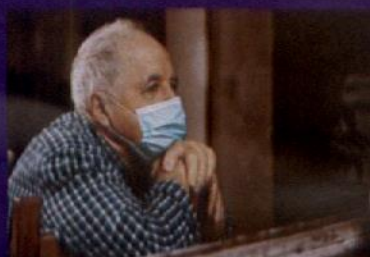


Need to talk?



NY Project Hope
Coping with COVID



Feeling uncertain, overwhelmed, anxious during COVID?



Here to talk | Here to listen | Here to support

We provide . . .

- Information
- Education
- Emotional support
- Links to resources

We can provide virtual presentations on:

- Recognizing common reactions to COVID
- Building coping skills for the recovery process
- Managing COVID-related stress
- Identifying and meeting children's needs

Contact Us!

1-888-750-2266 (Option 3)

Weekday Hours: 9:00AM-9:00PM
Weekend Hours: 10:00AM-6:00PM

Free, anonymous & confidential

A program of the NYS Office of Mental Health
Funded by FEMA